

4th Sunday after Pentecost
Commemoration of St. Jonah, Metropolitan of Moscow and Wonderworker of all Russia

VESPERS: Tone 3

P. Regular Beginning

C. Lord I have cried... (Tone 3)

1. The **power** of death has been **destroyed** by Thy Cross/ and the **wiles** of the devil have been set to naught, O Christ our **Saviour**,/ **while** mankind, **saved** by faith,// offers Thee hymns of praise **forever**.
2. The **whole** inhabited earth has been enlightened by Thy Resurrection, O Lord,/ **and** the paradise of old has been reopened;/ **while** it extols Thee,// all creation offers Thee hymns of praise **forever**.
3. I **glorify** the might of the **Father**/ **and** of the Son and the power of the Holy **Spirit**;/ **and** I praise the dominion of the undivided, uncreated **Godhead**//--the consubstantial Trinity that reigns unto the **ages** of ages.
4. We **worship** Thy precious **Cross**, O Christ,/ and **praise** and glorify Thy Resurrection:// For by Thy wounds have we **all** been healed.
5. We **praise** the Saviour Who took flesh of the **Virgin**/ **for** He was crucified **for** our sakes/ and **ro-se** the third day// and bestows on us His great **mercy**.
6. **Christ**, going down to **those** in hell/ **told** them to make bold and **announced** to them:/ **'Now** I have triumphed, I am the Resurrection,/ **I** sh-all **lead** you forth,// for I have broken in pieces the **gates** of death.'

Stichera for St. Jonah (Tone 4)

7. **When** the divine calling came upon thee, O divinely wise **Jonah**,/ thou didst forsake the world and that which is **in** the world,/ and didst **follow** after Christ with **unwavering** resolve./ Wherefore, the all-seeing Eye, beholding thy goodly **intentions**,/ invested thee with the **episcopacy**./ Entreat Him and **pray** unto Him,// that He save and **enlighten** our souls.
8. **When** divine effulgence made its abode within thy heart, O holy hierarch **Jonah**,/ thou didst acquire all-radiant joy and all-honorable **glory**./ **Wherefore**, thou didst hold all things to be **fleeting**,/ and with all thy heart thou didst cleave unto **God** alone./ Entreat Him and pray **unto** Him,/ O thou who art great among **hierarchs**,// that He save and **enlighten** our souls.
9. **When** love divine came upon thee, O holy **hierarch**,/ inclining thyself wholly unto Christ the Master **from** thy youth,/ thou didst **desire** Him, cleansing thyself of all the passions which **drag** us down./ Wherefore, thou wast shown to be the abode and habitation of the all-holy **Spirit**,/

working all-glorious **miracles**// Entreat Christ, that He save and **enlighten** our souls.

10. Having **dwelt** on earth like an angel, O most blessed and holy hierarch **Jonah**,/ thou didst gain mastery over the **passions**,/ and didst **make** what is baser subject to that which is **higher**;/ wherefore, having passed over to the kingdom which passeth **not** away,/ ever pray that Christ send down **cleansing** of sins// and great mercy upon those who **honour** thee with faith.

Glory... (Tone 6)

The divine shrine of thy relics is redolent with sweet fragrance, O holy hierarch **Jonah**,/ imparting healing to the souls and **bodies** of all./ Wherefore, we beseech thee to preserve in peace thy **God-given** flock,/ our civil authorities and all of **Orthodoxy**,/ that we may all unceasingly **magnify** thee// as our true pastor and advocate **before** God.

Both now & ever... Dogmatikon (Tone 3)

How can we refrain from wonder, O all-hallowed **Virgin**,/ at thy **bearing** God and **man** in One?/ For **thou**, without blemish and who hast never **known** a man,/ hast brought **forth** without father a **Son** in the flesh,/ begotten of the Father without mother before all **ages**,/ Who suffered no **change**, confusion nor **division**,/ but kept in **full** what is proper to each **nature**;/ our **Lady**, thou Virgin and **Mother**,/ **entreat** Him to **save** the souls// of those who in the true faith confess thee to be the Theotokos.

P. Wisdom. Aright!

C. O Joyful Light...

P. Prokimenon. The Lord is King...

P. Wisdom! Three readings:

R. The reading from the Book of Proverbs

The memory of the just is praised, and the blessing of the Lord is upon his head. Blessed is the man who hath found wisdom, and the mortal who knoweth prudence. For it is better to traffic for her, than for treasures of gold and silver. And she is more valuable than precious stones: no precious thing is equal to her in value. For length of existence and years of life are in her right hand; and in her left hand are wealth and glory: out of her mouth righteousness proceedeth, and she carrieth law and mercy upon her tongue. Hearken to me, O children, for I will speak solemn truths. Blessed is the man who shall keep my ways; for my outgoings are the outgoings of life, and in them is prepared favor from the Lord. Ye, O men, do I exhort; and utter my voice to the sons of men. I, wisdom, have built up; upon counsel, knowledge and understanding have I called. Counsel and safety are mine; prudence is mine, and strength is mine. I love those that love me; they that seek me shall find grace. O ye simple, understand subtlety, and ye that are untaught, imbibe knowledge. Hearken unto me again; for I will speak solemn truths. For my throat shall meditate truth; and false lips are an abomination before me. All the words of my mouth are in righteousness; there is nothing in them wrong or perverse. They are all evident to those that understand, and right to those that find knowledge.

For I will instruct you in truth, that your hope may be in the Lord, and ye may be filled with the Spirit.

R. The reading from the Book of Proverbs:

The mouth of the righteous droppeth wisdom: but the tongue of the unjust shall perish. The lips of men drop grace: but the mouth of the ungodly is perverse. False balances are an abomination before the Lord: but a just weight is acceptable unto Him. Wherever pride entereth, there will also disgrace: but the mouth of the humble doth meditate wisdom. The integrity of the upright shall guide them, but the overthrow of the rebellious shall spoil them. Possessions shall not profit in the day of wrath, but righteousness will deliver from death. When a just man dieth, he leaveth regret: but the destruction of the ungodly is speedy and causeth joy. Righteousness traceth out blameless paths: but ungodliness encountereth unjust dealing. The righteousness of upright men delivereth them: but transgressors are caught in their own destruction. At the death of a just man his hope doth not perish: but the boast of the ungodly perisheth. A righteous man escapeth from a snare, and the ungodly man is delivered up in his place. In the mouth of ungodly men is a snare for citizens: but the understanding of righteous men is prosperous. In the prosperity of righteous men a city prospereth, but at the destruction of the wicked there is exultation. At the blessing of the upright a city shall be exalted, but by the mouths of ungodly men it is overthrown. A man void of understanding sneereth at his fellow citizens: but a sensible man is quiet.

R. The reading from the Wisdom of Solomon:

When the righteous is praised, the people will rejoice; for his memory is immortality, because it is known with God, and with men; for his soul pleased the Lord. Love wisdom, therefore, O men, and live; desire her, and ye shall be instructed. For the beginning of her is love and the observation of the law. Honour wisdom, that ye may reign forevermore. I will tell you, and will not hide from you the mysteries of God, for he it is who is the instructor of wisdom, the director of the wise, the master of all understanding and activity. And wisdom teacheth all understanding; for in her is a spirit understanding and holy, the brightness of the everlasting light, and the image of the goodness of God. She maketh friends of God, and prophets; she is more beautiful than the sun, and above all the constellations of the stars; compared with the light, she is found preeminent. She hath delivered from pain those who please her, and guided them in right paths, given them knowledge of holy things, defended them from their enemies, and given them a mighty struggle, that they might all know that godliness is stronger than all; vice shall never prevail against wisdom, neither shall judgment pass away without convicting the evil. For they said to themselves, reasoning unrighteously: Let us oppress the righteous man, let us not spare his holiness, neither need we be ashamed of the ancient gray hairs of the aged, for our strength shall be a law unto us; let us lie in wait for the righteous, for he is displeasing to us, opposeth our doings, upbraideth us with our offending the law, and denounceth to our infamy the transgressions of our training. He professeth to have the knowledge of God, and calleth himself the child of the Lord. He is become a reproof to our thoughts, and is grievous even for us to behold; for his life is not like other men's, his ways are of another fashion. We are accounted

by him as a mockery, and he avoideth our ways as filth, and pronounceth the end of the just to be blessed. Let us see if his words be true; let us test what things happen to him. Let us examine him with mockery and torture, that we may know his meekness and prove his forbearance. Let us condemn him with a shameful death, for by his own words shall he be visited. Such things did they imagine, and were deceived; for their own wickedness blinded them. As for the mysteries of God, they knew them not; neither bethought they that Thou alone art God, Who hast the power of life and death, savest in time of tribulation, and deliverest from all evil; Who art compassionate and merciful, givest grace to Thy saints and opposes the prideful with Thine own arm.

- P. Augmented Litany
 R. Vouchsafe...
 P. Litany of Fervent Supplication

APOSTICHA: (Tone 3)

1. **Thou** hast darkened the sun by Thy **Passion**, O Christ;/ **by** Thy Resurrection hast Thou given **all** things light.// Accept our evening hymn, O Thou Who **lovest** mankind.

V. The Lord is King,/ and hath put on glorious **apparel**.

2. **Thy** life-giving Resurre**ction**, O Lord,/ has brought **light** to all the **inhabited** earth/ and **called** up Thy creation that lay in **corruption**,/ so that **we**, released from the curse of Adam, **cry** aloud:// Glory unto Thee, O **Almighty** Lord.

V. He hath made the world so sure/ that it **cannot** be moved.

3. **Suffering** in the fl-esh, **Thou**, O God/ Who by **nature** cannot be changed, hast **changed** Thyself,/ and the **creation** unable to bear the sight of Thee hanging was bowed **down** by fear/ and it **groaned** as it sang the praises of Thy long-**suffering**./ And **Thou**, descending into hell, hast risen on the **third** day,// giving the world life and great **mercy**.

V. Holiness becometh Thine house/ O Lord, **forever**.

4. **Thou** hast suffered **death**, O Christ,/ **to** deliver our **kind** from death:/ **And**, risen the third day **from** the dead,/ **Thou** hast raised up with Thyself those who **acknowledge** Thee to be God/ and **Thou** hast **enlightened** the world.// O Lord, **glory** to Thee.

Glory... (Tone 4)

When with God's **aid**, O holy **hierarch**,/ thou didst reach the Imperial **City**,/ thou wast **received** with honour by the **patriarch**,/ and from thence wast sent back to the lands of **Russia**,/ bearing with thee peace and **blessing**./ Wherefore, the Russian land lovingly received thee as its **father**,/ and in accordance with the **sovereign's** will,/ thou wast most gloriously elevated to the hierarchal **cathedra**,/ whereon thou didst remain

for many years, until thy **depart**ure to the Lord.// Him do thou entreat, that He save those who **hymn** thee.

Both... (Tone 4)

Look **down**, O all-pure **Virgin**,/ upon the supplications of thy **servants**;/ Thou dost **crush** the savage assaults that **beset** us/ and dost calm **all** our distress./ Thou art the only steadfast support **that** we know:/ Suffer us not, our Lady, to be **put** to shame,/ we who in thee have found an intercessor and who call **upon** thee./ Make speed to hearken to the **entreaties**/ of those who in faith cry **unto** thee:/ Hail! O our Lady, thou art the **help** and the joy,// the protection and **salvation** of our souls.

C. St. Symeon's Prayer

R. Trisagion

C. Rejoice, O Virgin Theotokos x3

Blessed be the Name of the Lord... x3

MATINS: Tone 3

P. Regular Beginning

P. Great Ectenia

C. God is the Lord... (Tone 3)

C. Sunday Troparia (Tone 3) x2

Let the heavens rejoice!/ Let the earth be glad!/ For the Lord has shown strength with His arm!/ He has trampled down death by death!/ He has become the firstborn of the dead!/ He has delivered us from the depths of hell,// and has granted to the world great mercy.

Glory... (Tone 4)

Having dedicated thyself wholly to the Lord **from** thy youth,/ thou becamest a model of virtue in prayers, labors and **fasting**;/ wherefore, beholding thy **goodly** intent,/ God appointed thee the hierarch and **pastor** of His Church:/ and for this cause, thy precious body hath been preserved whole and incorrupt **after** thy repose./ O holy hierarch **Jonah**,// entreat Christ God, that He **save** our souls.

Both... Theotokion (Tone 4)

The mystery hidden from all **ages**/ and unknown to the **angels**/ was made manifest to those on earth through Thee, O Theotokos:/ God took flesh in a union without **confusion**/ and for our sakes willingly **accepted** the Cross;/ and thereby He raised the **first** formed man// and saved our **souls** from death.

Lord Have Mercy 3x

Glory...

R. Now...

R. Kathisma II

P. Small Ectenia

R. Sessional Hymns:

Christ hath arisen from the dead, the first-fruits of those who have fallen asleep, the firstborn of creation, the Creator of all that existeth; and in Himself He hath restored the nature of our race which had become corrupt. No longer dost thou have dominion, O death, for the Master of all hath destroyed thy realm!

V. Arise, O Lord my God, let Thy hand be lifted high; forget not Thy paupers to the end.

Having tasted the fruit of death, O Lord, Thou didst cut off the bitterness of death by Thine arising, and hast strengthened man against it, revoking the defeat of the primal curse. O Lord, Defender of our life, glory be to Thee!

G/B... We sing thy praises, O Virgin Theotokos, who dost intercede for the salvation of our kind; for thy Son and our God by taking flesh of thee and accepting to suffer through the Cross has delivered us from corruption because He loveth mankind.

R. Kathisma III
P. Small Ectenia

R. Sessional Hymns:

Terrified of Thine immutable divinity and voluntary suffering, O Lord, hell lamented to itself, saying: "I tremble before a Being of incorrupt flesh; I behold One invisible, Who mystically contendeth against me. Wherefore, I hold fast to those who cry: Glory to Thy resurrection, O Christ!"

V. I will confess Thee, O Lord, with my whole heart, I will tell of all Thy wonders.

O ye faithful, let us theologize concerning the incomprehensibility of the crucifixion, the ineffability of the resurrection, the unspeakable mystery; for today death and hell have been made captive, and the human race hath been clothed in incorruption. Wherefore, giving thanks, we cry unto Thee: Glory to Thine arising, O Christ!

G/B... O Theotokos, thou didst mystically contain in thy womb the Unapproachable and Uncircumscribable One, Who is consubstantial with the Father and the Spirit, and through thy birthgiving we have learned to glorify in the world the one and unconfused power of the Trinity. Wherefore, with thanksgiving we cry out to thee: Rejoice, O thou who art full of grace!

C. Polyeleos

P. Magnification for St. Jonah (once by clergy)

We magnify thee, / O holy hierarch Jonah, / and we honour thy holy memory; // for thou dost pray for us to Christ our God.

C. Evlogitaria (Blessed art Thou, O Lord...)
 P. Small Ectenia

R. Ypakoe:

Amazing the myrrh-bearing women by the sight of Him, and refreshing them by his words, the radiant angel said to them: "Why seek ye the Living in the tomb? He Who hath emptied the graves hath arisen! Understand the Changer of corruption to be immutable! Say ye unto God: How awesome are Thy works, for Thou hast saved the human race!"

R. Sessional Hymns for St. Jonah

Thou didst adorn the Church of Christ with thy teachings and works, O holy hierarch Jonah; wherefore, thy virtuous life shone forth in the world, and thou wast a model for the Church in prayer, fasting and the keeping of vigils: wherefore, we cry out to thee: Glory to Him Who gave thee strength! Glory to Him Who hath crowned thee! Glory to Him Who through thee granteth healing unto all!

Because thou didst prefer humility of mind, O holy hierarch Jonah, thou wast therefore glorified as a divine hierarch, offering sacrifice unto Christ our God Who sacrificed Himself of His own will. Him do thou beseech, that our souls be saved.

Glory... By thy works having preserved that which was created according to the image of God, as one virtuous and meek thou didst illumine the Church of Christ, O great hierarch Jonah; for thy virtuous life shone forth in the world and is glorified by all. Wherefore, we all cry out to thee in thanksgiving: Entreat Christ God, O divinely blessed and holy hierarch, that He grant remission of sins unto those who with love honour thy godly memory.

Both... All of us, the generations of men, bless thee as the Virgin who, alone among women, gavest birth without seed to God in the flesh; for the foe of the Godhead made His abode within thee, and thou didst nurture the Creator and Lord with milk as a babe. Wherefore, we, the race of angels and men, cry out to thee together: Entreat Christ God, that He grant remission of offenses unto those who with faith worship thine all-holy birthgiving.

Hymn of Degrees: (Antiphon One)

Thou didst move the captivity of Sion away from Babylon, O Word. Draw me also forth from the passions unto life.

They who sow in the south with tears divine shall joyfully reap the grain of life everlasting.

G/B... Unto the Holy Spirit, as to the Father and the Son, shineth all thanksgiving, wherein all things live and move.

Hymn of Degrees: (Antiphon Two)

If the Lord buildeth not the house of the virtues, in vain do we labor; and when the Spirit protecteth it, no one will destroy our city.

Through the Spirit are the saints ever adopted by Thee, O Christ, as the fruit of Thee and the Father.

G/B... Through the Holy Spirit are all holiness and wisdom perceived. For He bringeth every created thing into existence. Him do we worship, for He is God, like the Father and the Word.

Hymn of Degrees: (Antiphon Three)

Blessed are they who fear the Lord, who walk the path of the commandments; for they shall eat of all the fruits of life.

Be Thou glad, O Chief Shepherd, beholding Thine offspring round about Thy table, bearing the branches of goodly works.

G/B... From the Holy Spirit are all the riches of glory; from Him are grace and life for every creation: for He is hymned with the Father and the Word.

P. Prokimenon: (Tone 3)

Say among the nations that the Lord is king;/ for He hath established the world, which shall not be shaken.

V. O sing unto the Lord a new song, sing unto the Lord all the earth.

C. Let every breath praise the Lord.

P. GOSPEL #4

C. Having Beheld the Resurrection of Christ...

R. Psalm 50

C. Glory... Now... Have mercy on me... Jesus having risen...

P. Save, O God, Thy People...
Anointing.

Canticle One

Irmos: He Who of old gathered the waters into one at His divine behest/ and parted the sea for the people of Israel,/ is our God and is most glorious.// To Him let us chant, for He hath been glorified.

Glory to Thy Holy Resurrection, O Lord.

Our God is He Who cursed the earth to bring forth as fruit thorns through the sweat of the transgressor, and in the flesh receiveth a crown of thorns from the hands of the transgressors of the law. He hath abolished the curse, in that He hath been glorified.

He of Whom death was afraid hath appeared as the vanquisher and victor over death; for having assumed animate flesh subject to sufferings, and contended against the tyrant, He hath raised all up with Himself. He is our God, for He hath been glorified.

Theotokion

All nations glorify thee as the true Theotokos who gave birth without seed; for He is our God Who, having descended into thy sanctified womb, became of our essence. God and Man was born of thee.

Glory to Thy Precious Cross and Resurrection, O Lord.

The human race was enslaved by the sin-loving tyrant, but Christ redeemed it by His divine blood, and having deified it hath restored it, in that He hath been glorified.

Christ, Who is the treasury of life, desiring to experience death as one mortal, tasted thereof; and as One immortal by essence, He imparted life to mortals, for He hath been glorified.

Most Holy Theotokos, Save us.

Every heavenly being fittingly bendeth its knee, with those of earth and those in the nethermost parts, before Him Who became incarnate of thee, O Virgin; He hath been glorified.

O the reconciliation which took place within thee! For He Who abundantly bestoweth gifts hath as God given us the divine Spirit, having received flesh of thee, O Maiden, in that He hath been glorified.

Holy Hierarch Jonah, pray to God for us!

As thou delightest in the divine gifts given by God, and dost answer the petition of each with miracles, O father, grant me the power to sing thy sacred festival.

Divine grace was poured forth in thy lips, O holy hierarch Jonah, and thou wast a shepherd of the Church of Christ; for thou wast adorned by God, Whom thou didst glorify by thy life.

The precious shrine of thy relics emitteth sweet fragrance and poureth forth healings, so that the infirmities of the faithful who piously honour thee are ever dispelled, O holy hierarch.

Glory... Having acquired thee as a firm rampart, O holy hierarch, the Church of Christ ever abideth, praising its Master, Who hath glorified thee.

Both... O Theotokos, thou, the undefiled Maiden, becamest a temple of God for Him Who made His abode within thee in manner past understanding, and hath driven falsehood away from men's souls.

C. Katavasia (Tone 4)

I shall open my mouth/ and the Spirit will **inspire** it,/ and **I** shall utter the words of my song to the Queen and **Mother**:/ I shall be seen radiantly **keep**ing feast// and joyfully praising her **wonders**.

Canticle Three

Irmos: O Most High, Thou Ruler of all,/ Who out of non-existence/ hast brought all things, which are fashioned by Thy Word/ and made perfect by the Spirit;// Confirm me in Thy love!

Glory to Thy Holy Resurrection, O Lord.

The ungodly one was confounded by Thy Cross, for he fell into the pit which he dug; but in Thy resurrection, O Christ, Thou didst raise up the lowly.

The preaching of piety to the nations covered them like the water of the sea, O Thou Who lovest mankind; for having risen from the tomb, Thou didst reveal the light of the Trinity.

Theotokion

All-glorious things have been said of thee, O animate city of Him Who reigneth forever; for through thee, O Mistress, did God come to dwell with those on earth.

Glory to Thy Precious Cross and Resurrection, O Lord.

O all-precious Cross, thou hast been shown to be the cleansing away of the impurities of the idols, for Jesus all-divine stretched forth His hands upon thee.

O Life-receiving tomb, all of us, the faithful, bow down before thee; for Christ our God was truly buried in thee and hath arisen.

Most Holy Theotokos, Save us.

The Virgin, having sprung forth as the rod of the root of Jesse, as said the prophets, put Thee forth as a flower for us, O Christ. Holy art Thou, O Lord!

That Thou mightest cause mortals to partake of the divine, Thou didst abase Thyself, receiving our flesh from the Virgin. Holy art Thou, O Lord!

Holy Hierarch Jonah, pray to God for us!

Thou didst ascend to the summit of the virtues, O holy hierarch, and, receiving the sacred anointing of thy superior life, on an exalted cathedra thou didst serve God as a great high priest.

Having acquired thee as a beacon, O all-wise and holy hierarch, the Church of Christ is illumined by thy virtuous instructions, saying: Thou, O Lord, art my strength and confirmation!

Having cut off all carnal desire with divine desire, thou didst shine forth in a perfect life; wherefore, thou hast passed from hence into never-waning effulgence.

Glory... As thou wast the successor of hierarchs, O holy hierarch, thou didst strive in word, deed and upright teaching to emulate them; wherefore, we honour thee as a holy hierarch of Christ.

Both... O lustrous tongs of the divine Coal, O bush which was not consumed by the Godhead: Burn up the tinder of my passions, and rescue me from everlasting fire.

C. Katavasia (Tone 4)

O **M**other of God,/ thou living and **p**lentiful fount,/ give **s**trength to those united in spiritual **f**ellowship,/ who sing hymns of **p**raise to thee:/ And in thy divine **g**lory// vouchsafe unto them crowns of **g**lory.

P. Small Ectenia

C. Kontakion (Tone 8)

From childhood thou didst enslave thyself unto the Lord, O wise one,/ laying waste to thy body through fasting and the keeping of vigils;/ wherefore, thou wast shown to be the pure vessel and abode of the all-holy Spirit./ For this cause He ordained thee as hierarch and pastor for His Church;/ and having tended it well, thou didst depart unto the Lord Whom thou didst love./ We therefore beseech thee: Be thou mindful of us who honour thy holy memory with faith,/ that we may all cry aloud unto thee:// Rejoice, O father Jonah, most honored and holy hierarch!

R. Ikos

Though a man by nature, O father, thou didst struggle superhumanly in fasting and the keeping of vigils, in prayer and labors, becoming a model of virtue for many; wherefore, God ordained thee as a hierarch and pastor of His Church. For this cause we entreat thee: Pray thou to God, the Benefactor of all, that He grant our civil authorities victory over our enemies, and that we may find grace and mercy on the day of judgment, that we may all cry aloud unto thee: Rejoice, O father Jonah, most honored and holy hierarch!

R. Sessional Hymns

Thy life hath been shown to all as brilliant, and thy most festive memorial, resplendent with miracles, filleth the faithful with awe. Wherefore, we honour thee now with joy. O boast of hierarchs, pray thou that our souls be saved.

G/B... We hymn thee, O Bride divine, Mother of Christ God, glorifying thine unapproachable birthgiving, whereby we have been delivered from the deception of the devil and from all manner of misfortune. And we cry aloud with faith: O Mistress Theotokos who alone art most hymned, have mercy on thy flock!

Canticle Four

Irmos: Thou hast shown us constant love, O Lord,/ for Thou didst give Thine only-begotten Son over to death for us./ Wherefore, in thanksgiving we cry to Thee:// Glory to Thy power, O Lord.

Glory to Thy Holy Resurrection, O Lord.

In Thy mercy, Thou didst withstand wounds and stripes, O Christ, enduring the malice of blows to Thy cheeks; and with long-suffering deigning to be spit upon, Thou didst thereby accomplish salvation for me. Glory to Thy power, O Lord.

Thou didst partake of death in a mortal body, O Life, for the sake of the suffering of the poor and the groans of Thy paupers; and having brought corruption upon the corrupter, O All-glorious One, Thou didst resurrect all with Thyself, in that Thou hast been glorified.

Theotokion

Remember, O Christ, the flock which Thou hast acquired by Thy suffering; and accepting the merciful entreaties of Thine all-glorious Mother, deliver it by Thy power, O Lord, visiting it in its affliction.

Glory to Thy Precious Cross and Resurrection, O Lord.

O Thou Who lovest mankind, Who fashioned man in Thine image: crucified on Golgotha for the sake of him who was slain by the sin of disobedience, Thou didst save him.

Death surrendered the dead whom it had sacrificed; and the corrupt kingdom of hell was destroyed when Thou didst arise from the grave, O Lord.

Most Holy Theotokos, Save us.

O Master, Who set the mountains in the scales of divine understanding, Thou wast cut from the stone of the Virgin without the aid of men's hands. Glory to Thy power, O Thou Who lovest mankind.

Thou hast healed our infirm nature, O Master, within the Virgin uniting to it Thine all-pure divinity, a most speedy remedy, O Word.

Holy Hierarch Jonah, pray to God for us!

As a great lamp, O holy hierarch, with the radiance of thy virtues and the splendors of thy miracles thou enlightenest the faithful, who earnestly hymn thee.

Planted in the house of the Lord like an all-beauteous olive-tree, O holy hierarch and father, thou didst flourish in the courts of the house of our God, imparting health unto men's souls and bodies.

Thy most precious body became the abode of the all-holy Spirit, O holy hierarch Jonah; and lying in the tomb it driveth evil spirits away from men through the power of Him Who dwelleth within thee.

Glory... Thou didst shine forth in word, deed and simplicity of heart, O holy hierarch Jonah. Be thou mindful of us who honour thy memory, O venerable one.

Both... O all-pure one, He Whom naught can contain confined Himself within thy womb, in His goodness saving me who am sunk in sin.

C. Katavasia (Tone 4)

He Who sits in glory upon the throne of the **Godhead**,/ Jesus the **true** God,/ is **come** in a **swift** cloud,/ and with His pure hand He has saved **those** who cry:// Glory to Thy **power**, O Lord.

Canticle Five

Irmos: I rise at dawn unto Thee, the Creator of all,/ Who passest all worldly understanding;/ for Thy commandments are light,// wherein do Thou direct me.

Glory to Thy Holy Resurrection, O Lord.

Through the envy of the Jews Thou wast given over to an unjust judge, O Beholder of all. And Thou Who judgest the whole earth with justice hast delivered ancient Adam from condemnation.

O Christ Who hast risen from the dead, grant Thy peace unto Thy Churches through the invincible power of Thy Cross, and save Thou our souls.

Theotokion

O only Ever-virgin, thou hast been shown to be the holy tabernacle and more spacious than the heavens, in that thou didst receive the Word of God, Whom all creation cannot contain.

Glory to Thy Precious Cross and Resurrection, O Lord.

Pierced by a spear in Thy side, O my Christ, Thou didst free from the curse her who was formed from the side of man, and who brought destruction upon all men.

O Christ our Saviour, Who art equal to the Father in essence, Thou didst raise from the dead the sacred temple of Thine all-pure and most precious body.

Most Holy Theotokos, Save us.

Thy Son, the Word of God, O Virgin, the Creator of Adam the first-formed, is not a created being, even though He fashioned animate flesh for Himself out of thee.

Thy Son, the Lord Jesus, the Word of God, O Virgin, a Hypostasis perfect in two natures, is perfect God and perfect man.

Holy Hierarch Jonah, pray to God for us!

Having thy pure mind ever turned toward God, O holy hierarch, thou didst guide well the flock of Christ; wherefore, with the angels and

hierarchs thou hast inherited a habitation which passeth not away, O venerable one, for which cause thou art resplendent with miracles.

With a mind most pure thou didst gaze upon the Mind which is the cause of all; wherefore, having received gifts of miracles, O all-wise and holy hierarch, thou dost amaze the faithful who honour thee with love.

From the time of thy youth thy life shone forth, adorned with the virtues and arrayed with exalted miracles, O holy hierarch Jonah, and even after thy repose it hath manifestly glorified thee.

Glory... O right laudable father, thou wast truly the glory of hierarchs, the helper of the faithful, the adornment of the Church, the foundation of the virtues and the confirmation of piety.

Both... In diverse forms the honorable prophets beheld the unfathomable abyss of the divine mystery of thy pure birthgiving, O all-pure and divinely joyous one, insofar as they were able so to do.

C. Katavasia (Tone 4)

The whole **world** was amazed at thy divine **glory**,/ for **thou**, O Virgin who hast not known **wedlock**,/ hast **held** in thy womb the **God** of all,/ and hast given birth to an **eternal** Son,// Who rewards with salvation all who sing thy **praises**.

Canticle Six

Irmos: The uttermost abyss of sins hath engulfed me,/ and my spirit doth perish./ But, stretching forth Thine upraised arm, O Master,// save me as Thou didst Peter, O Helmsman!

Glory to Thy Holy Resurrection, O Lord.

An abyss of mercy and compassion hath surrounded me through Thy compassionate descent; for having become incarnate and taken on the form of a servant, O Master, Thou didst deify me, glorifying me with Thyself.

The slayer underwent death, beholding Him Who was dead alive again. These were images of Thy resurrection, O Christ, and of Thine all-pure, vanquishing sufferings.

Theotokion

O all-pure one who alone dost mediate before the Creator and men, in manner past understanding: entreat thy merciful Son, and be thou a champion for thine all-sinful servants.

Glory to Thy Precious Cross and Resurrection, O Lord.

Having been tested with wounds by Thy suffering on the Cross, Thou didst raise up with Thyself those wounded by hell. Wherefore, I cry out: Lead my life from corruption, O Thou Who lovest mankind!

The gates of hell opened unto Thee in fear, and the vessels of the enemy were plundered. Wherefore, the women met Thee, receiving joy instead of grief.

Most Holy Theotokos, Save us.

He Who shareth no form receiveth our form from the incorrupt Virgin, becoming man in form and matter without changing in His divinity.

O all-pure one, deliver me from the abyss of sins and the tempest of the passions, for thou art a haven and an abyss of miracles for those who have recourse unto thee with faith.

Holy Hierarch Jonah, pray to God for us!

Adorned with a crown of majesty, thou shinest now, O holy hierarch; and as a true bishop, truly vested in righteousness, thou didst preserve the inheritance of the Savior: wherefore, the voice of God cried out to thee: Enter into the joy of thy Lord!

Meek and innocent, thou didst follow the steps of the Master and pass over from things corruptible to things eternal; wherefore, with the saints thou hast attained unto the land of the meek, for which cause the councils of the pious hymn thee.

Because of thy great life and purity Christ showed thee to be a child of the light and of the day, and He made thee a hierarch and pastor of His Church, which thou didst serve as an excellent shepherd before departing unto the mansions of heaven.

Glory... Thou didst pass through thy life afire with prudence of mind and desire of spirit, O holy hierarch; and avoiding tangible things as transitory, O father Jonah, thou wast translated unto the divine habitations.

Both... O Virgin Who gavest birth to the holy Word, our one God Who truly resteth in the saints, sanctify my soul; and as thou art merciful grant unto me an outpouring of compunction, O all-immaculate one.

C. Katavasia (Tone 4)

As we **celebrate**/ this sacred and solemn feast of the **Mother** of God,/ **let** us come, **clapping** our hands,/ O people **of** the Lord,/ and give **glory** to God// Who was **born** of her.

P. Small Ectenia

C. Kontakion, Tone 3

On this day Thou didst rise from the tomb/ O Merciful One/ leading us from the gates of death./ On this day Adam exults as Eve rejoices;/ with the Prophets and Patriarchs they unceasingly praise// the divine majesty of Thy power.

R. Ikos

Let heaven and earth join chorus today and with one mind hymn Christ God, for He hath raised the prisoners up from the graves. All creation rejoiceth, offering worthy hymns to our Deliverer, the Creator of all; for having led men up from hell today, in that He is the Bestower of life, He exalteth them to the heavens with Him, doth cast down the arrogance of the enemy, and breaketh down the gates of hell by the divine might of His authority.

Canticle Seven

Irmos: As of old Thou didst bedew the three pious children/ in the Chaldaean flame,/ with the radiant fire of Thy divinity/ illumine us who cry:// Blessed is the God of our fathers.

Glory to Thy Holy Resurrection, O Lord.

The splendid veil of the temple was rent in twain at the crucifixion of the Creator, revealing the truth hidden in the Scripture unto the faithful who cry: O God of our fathers, blessed art Thou!

When Thy side was pierced, O Christ, with the drops of Thy divinely flowing and life-creating blood, which fell upon the ground according to Thy design, Thou didst restore those on earth, who cry: O God of our fathers, blessed art Thou!

Triadicon

Let us glorify the good Spirit with the Father and the only-begotten Son, O ye faithful, worshipping the one Godhead and Sovereignty in three, crying: O God of our fathers, blessed art Thou!

Glory to Thy Precious Cross and Resurrection, O Lord.

Beholding God incarnate, and not a simple man, hanging upon the Cross, the sun was darkened. And unto Him do we chant: O Lord God of our fathers, blessed art Thou!

Terrified, hell received the Bestower of incorruption Who is mighty in divinity, and it vomited forth the souls of the righteous, who cried: Blessed art Thou, O Lord God of our fathers!

Most Holy Theotokos, Save us.

O Thou Who art the Lord of glory, Who ruleth the heavenly hosts, Who sittest with the Father, and art borne in the Virgin's arms: O Lord God of our fathers, blessed art Thou!

Harsh is death, yet when Thou didst unite Thyself to it, having become divinely hypostatic flesh through the Virgin, Thou didst destroy it. Blessed art Thou, O Lord God of our fathers!

Holy Hierarch Jonah, pray to God for us!

When Christ God beheld thy goodly disposition, in that thou didst live not for thyself, but the Lord worked within thee, He therefore adorned thee with healing miracles.

Shining forth like a lamp in thy pure works and corrections, thou didst shepherd well the Church given thee by God, chanting unto Christ: Blessed art Thou, O God of our fathers!

As thou didst study the law of the Lord day and night, O holy hierarch, forgetting the things which thou didst leave behind thee, and yearning for the things which lay before thee, thou didst cry aloud unto the Creator and Master: Blessed art Thou, O God of our fathers!

Glory... Thine excellent life was known unto all, O holy hierarch, wherefore, Christ hath glorified thee after thy repose. Him didst thou fervently serve, O Jonah our father, chanting: Blessed art Thou, O God of our fathers!

Both... The fire of the Godhead did not consume thee, O Virgin; for the bush on the mountain, which once burnt yet was not consumed, prefigured thee, O all-pure one.

C. Katavasia (Tone 4)

The **Holy** Children bravely trampled upon the **threatening** fire,/ preferring not to worship created things rather than the Creator,/ and they **sang** in joy:/ 'Blessed art Thou and **praised** above all,// O Lord God of our **fathers**.'

Canticle Eight

Irmos: United in the unbearable fire,/ yet unharmed by its flame,/ the pious youths chanted a divine hymn in intercession:/ Bless the Lord, all ye works of the Lord,// and exalt Him supremely for all ages!

Glory to Thy Holy Resurrection, O Lord.

The splendor of the temple was rent in twain when Thy Cross was planted on Golgotha, and creation fell down in fear, singing: Bless the Lord, all ye works of the Lord! Hymn and exalt Him supremely forever!

Thou didst rise from the tomb, O Christ, and by Thy divine power didst set aright him who fell, deceived into eating of the tree; and he crieth and saith: Bless the Lord, all ye works of the Lord! Hymn and exalt Him supremely forever!

Theotokion

Thou hast been shown to be the temple of God, an animate habitation, and the ark; for thou, O all-pure Theotokos, hast reconciled the Creator with men, and all of us, His works, hymn thee fittingly and exalt Him supremely for all ages.

Glory to Thy Precious Cross and Resurrection, O Lord.

God, the dispassionate Word, Who in His divinity is not subject to the passions, suffereth in the flesh. Unto Him let us chant: Bless the Lord, all ye works of the Lord! Hymn and exalt Him supremely forever!

Having fallen asleep as one mortal, Thou didst arise as one immortal, O Saviour; and Thou savest from death those who chant: Bless the Lord, all ye works of the Lord! Hymn and exalt Him supremely forever!

Most Holy Theotokos, Save us.

As the Mother of God and one close to Him, thou didst surpass the noetic ranks. We bless thine Offspring, O blessed Virgin, and exalt Him supremely for all ages.

Thou didst show forth a natural beauty, most comely, which illumineth the flesh of the Divinity. We bless thine Offspring, O blessed Virgin, and exalt Him supremely for all ages.

Holy Hierarch Jonah, pray to God for us!

Humble and meek, thou didst live an angelic life on earth, O holy hierarch; wherefore, thou dwellest with the saints in the land of the meek, chanting unto Christ: Praise and exalt Him supremely forever!

The most precious shrine of thy relics is a temple of sanctity, O holy hierarch, and drawing forth the grace of healing therefrom, we hymn the Lord, the Master of all, Who hath given thee to us as a healer, and we exalt Him supremely forever.

Deified by the will of God, O holy hierarch, thy mind became utterly estranged from carnal passions, chanting unto Christ: Praise and exalt Him supremely forever!

Let us bless Father, Son, Holy Spirit, the Lord!

As is meet, we, the faithful, venerate the precious shrine of thy relics, O holy hierarch Jonah, drawing forth sweet fragrance like myrrh for those who believe, crying out to Christ the Master: O all ye works, praise and exalt Him supremely forever!

Both... Heal thou the sufferings of my heart, O thou who gavest birth to the Wellspring of dispassion, and guide me to life divine, that I may glorify thee for all ages.

We praise, we bless, we worship the Lord, praising and supremely exalting Him unto all ages.

C. Katavasia (Tone 4)

The **Offspring** of the Theotokos/ saved the holy Children in the **furnace**./ **He** Who was then prefigured has since been **born** on earth,/ and He

gathers together all the creation to sing:/ O all ye **works** of the Lord,//
 bless ye the Lord and exalt Him above all forever.

P. Magnificat

C. Song of the Most Holy Theotokos.

Canticle Nine

Irmos: A wonder new and divine:/ the Lord manifestly passeth through
 the closed door of the Virgin,/ naked at His entry;/ and God
 doth reveal Himself as corporeal as He issueth forth;/ and
 yet the gate remaineth shut.// Ineffably let us magnify her
 as the Mother of God.

Glory to Thy Holy Resurrection, O Lord.

Awesome is it to behold Thee, the Creator, O Word of God, uplifted upon
 the Tree: God suffering in the flesh for His servants, and lying in the
 tomb, bereft of breath, and releasing the dead from hell. Wherefore, O
 Christ, we magnify Thee as omnipotent.

Placed dead in the tomb, Thou didst save the forefathers from the
 corruption of death; and, raising up the dead, Thou didst cause life to
 blossom forth, guiding human nature to the light and clothing it in divine
 incorruption. Wherefore, we ever magnify Thee as the Light of life.

Theotokion

Thou hast been shown to be the temple and throne of God, wherein He Who
 is in the highest dwelt, born of thee who knewest not man, O most pure one,
 without in any wise opening the gates of thy flesh. Wherefore, O pure one,
 by thine unceasing supplications quickly and utterly subdue the barbaric
 nations.

Glory to Thy Precious Cross and Resurrection, O Lord.

From a dishonourable death Thou hast poured forth honour upon all men;
 and having tasted thereof through Thy crucifixion, O Christ our Saviour,
 Thou hast given me incorruption through Thy mortal essence, in that Thou
 lovest mankind.

Rising from the tomb, O Christ, Thou didst save me; and thou didst
 ascend and lead me to Thy Father Who begat Thee; and Thou hast seated me at
 His right hand in the loving-kindness of Thy mercy, O Lord.

Most Holy Theotokos, Save us.

The pious and faithful can never have enough of thy praises, O Virgin;
 for, ever receiving divine and spiritual desire through desire, we magnify
 thee as the Mother of God.

Thou hast appointed for us an unashamed advocate, her who gave Thee birth, O Christ. Through her entreaties Thou givest us the merciful Spirit, the Bestower of goodness, Who through Thee proceedeth from the Father.

Holy Hierarch Jonah, pray to God for us!

Thou gavest wings to thy mind with a pure heart and divine ascents, desiring to gaze upon the beauty of the one God; and thou art illumined by the effulgence thereof, O divinely wise and holy hierarch.

O holy hierarch Jonah, with the grace of Christ preserve thy fold and thy flock, entrusted to thee by God, which hath thee as a shepherd driving the terrible wolves away from all the faithful.

As of old Israel translated the body of the chaste Joseph, so now the faithful, receiving the shrine of thy relics, O holy hierarch Jonah, venerate it with love, magnifying Christ.

Glory... Today thy splendid memorial, shining forth, illumineth the hearts of the faithful, O holy hierarch; wherefore, entreat Christ God, that he who composeth this hymnod may be protected from the pursuit of the evil one and may receive mercy on the day of judgment.

Both... With the light of repentance, O most immaculate one, enlighten me who am benighted by slothfulness, that I may hymn, magnify and glorify thee, the all-immaculate Mistress.

C. Katavasia (Tone 4)

Let every mortal **born** on earth,/ radiant with light, in spirit **leap** for joy;/ and **let** the hosts of the angelic powers **celebrate**/ and honor the holy feast of the **Mother** of God,/ and **let** them cry:// Hail! Pure and blessed ever-Virgin, who gavest **birth** to God.

P. Small Ectenia

C. Holy is the Lord our God...

R. Exapostilarion Four, (Luke 24:1-12)

Lightning-bright with the virtues, we see standing upon the life-bearing tomb a man in shining garments while the women bearing myrrh bowed down their faces to the earth. Let us learn of the rising of Him Who reigns over heaven and let us hasten with Peter to Life in the tomb and wondering at that which has happened let us stay to behold Christ.

Glory... Exapostilarion for St. Jonah

As a namesake of chastity from the years of thy youth, O holy hierarch, through that which is corruptible thou didst strive to acquire that which is incorruptible; wherefore, as thou wast honored with the hierarchal rank, ever entreat the Master in behalf of us who hymn thee with love.

Both... Theotokion

Uttering loud and clear the sound: Hail! Thou, O Lord, hast changed the sorrow of the forefathers, bringing to the world in its stead the joy of

Thy Resurrection. Then, O Giver of life, through her who brought Thee forth, Light that has enlightened hearts, do Thou send down the light of Thy mercies that we may cry aloud to Thee: Glory to Thy Resurrection, O God and Man Who lovest mankind.

C. Lauds: Tone 3 Stichera

Let every bre-ath **praise** the Lord/
Praise the Lord from the **Heavens**/
Praise Him in the **highest**/
 To **Thee** is due a **hymn**, O God/
Praise Him, all ye His **Angels**;/
Praise Him, all **ye** His hosts.//
 To Thee is due a **hymn**, O God.

R. (The following may be read or sung antiphonally)

Praise Him, O sun and moon; praise Him, all ye stars and light.
 Praise Him, ye heavens of heavens, and thou water that art above the heavens.

Let them praise the name of the Lord; For He spake, and they came to be; He commanded, and they were created.

He established them forever, yea, forever and ever; He hath set an ordinance, and it shall not pass away.

Praise the Lord from the earth, ye dragons and all ye abysses,
 Fire, hail, snow, ice, blast of tempest, which perform His word,
 The mountains and all the hills, fruitful trees, and all cedars,
 The beasts and all the cattle, creeping things and winged birds,
 Kings of the earth, and all peoples, princes and all judges of the earth,
 Young men and virgins, elders with the younger; let them praise the name of the Lord, for exalted is the name of Him alone.

His praise is above the earth and heaven, and He shall exalt the horn of His people.

This is the hymn for all His saints, for the sons of Israel, and for the people that draw nigh unto Him.

Sing unto the Lord a new song; His praise is in the church of the saints.
 Let Israel be glad in Him that made him, let the sons of Sion rejoice in their king.

Let them praise His name in the dance; with the timbrel and the psaltery let them chant unto Him.

For the Lord taketh pleasure in His people, and He shall exalt the meek with salvation.

The saints shall boast in glory, and they shall rejoice upon their beds.
 The high praise of God shall be in their throat, and two-edged swords shall be in their hands.

To do vengeance among the heathen, punishments among the peoples,
 To bind their kings with fetters, and their nobles with manacles of iron,

V. To do among them the judgment that is written/ This glory shall be to **all** His saints.

1. O **come** all ye **nations**,/ **perceive** the might of this awful **mystery**./ Our **Saviour** Who in the **beginning** was the Word,/ has been **crucified** for us

and of His own Will suffered **burial**,/ on the third **day** He rose again that He might **save** us all.// Therefore let us **worship** Him.

V. Praise ye God in His saints,/ praise Him in the firmament of His **power**.

2. The **watch** that **guarded** Thee, O Lord,/ **related** all the wonders that had **come** to pass,/ but the vain **assembly** of the Sanhedrin filled their **hands** with gifts,/ thus **thinking** to hide Thy Resurrection that the whole world **glorifies**.// Have **mercy** upon us.

V. Praise Him for His mighty acts,/ praise Him according to the multitude of His **greatness**.

3. All **things** were filled with joy at receiving the tidings of Thy Resurrection,/ **for** Mary Magdalene, when she **went** to Thy tomb,/ found an **angel** in shining raiment seated upon the **stone** who said:/ 'Why do ye seek the living **among** the dead?/ He is not **here**, but risen, **as** He said,// and He goes before you into **Galilee**.'

V. Praise Him with the sound of trumpet,/ praise Him with **psaltery** and harp.

4. O **Master** Who **lovest** mankind,/ in Thy **light** do we **see** light./ For **Thou** art risen **from** the dead/ and hast **bestowed** salvation on **mankind**./ Let all the **creation** give glory to Thee Who alone art without sin// and do Thou have **mercy** upon us.

V. Praise Him with timbrel and dance,/ praise Him with **strings** and flute.

Stichera for St. Jonah (Tone 8)

5. **Having** exercised thyself in temperance from thy youth, O divinely wise hierarch, father **Jonah**,/ drawing nigh unto the Lord in vigils, prayers and **fasting**,/ and ever invoking the Theotokos as an **advocate**,/ because of thy trust in her thou **didst** not err;/ wherefore, Christ ordained thee for His Church as a hierarch and **pastor**.// Him do thou ever entreat in **behalf** of our souls.

V. Praise Him with tuneful cymbals, praise Him with cymbals of jubilation./ Let every breath **praise** the Lord.

6. O divinely wise father, holy hierarch **Jonah**,/ from childhood thou didst forsake the **tumult** of the world/ and didst avoid its turmoil, drawing nigh unto God through purity **of** mind;/ wherefore, as is meet, God appointed thee to be a hierarch **of** the Church/ and a godly benefactor of the **people**.// Ever pray for us, that He send down upon our souls peace and great **mercy**.

V. My mouth shall speak wisdom and the meditation of my heart shall be of understanding.

7. O divinely wise father, holy hierarch **Jonah**,/ having loved Christ from childhood, thou didst cleave **unto** His love,/ and having illumined thy heart with the divine beams of the all-radiant **Spirit**,/ thou didst truly become wholly **luminous**./ Wherefore, vouchsafe to fulfill those petitions which conduce to **salvation**/ for those who have recourse to thy temple **with** faith,// and entreat Christ God, that our **souls** be saved.

V. Hear this, all ye nations; give ear, all ye that inhabit the earth.

(Tone 6)

8. Thou wast a most excellent servant of the Master and King of **heaven**,/ O holy hierarch **Jonah**,/ and didst preserve the purity without which no one shall **behold** God./ Wherefore, thou hast received thy reward **as** is meet;/ for thy precious body, lying **in** the tomb,/ hath been preserved whole and **incorrupt**,/ and thy soul hath passed over to the choirs of **heaven**./ For this cause, ever beseech the Creator of all in behalf of all who honour thee **with** love,// that He send down peace and great **mercy**.

Glory... Gospel Sticheron, (Tone 4)

It is very early in the **morning**/ and the women went to Thy **tomb**, O Christ,/ but the **Body** desired by them was **not** to be found./ Therefore two men stood by them in shining **garments**/ and said to them as they were **much** perplexed:/ "Why seek ye the living **among** the dead?/ He is risen as He **beforehand** said./ Why remember ye **not** His words?"/ And believing the things they had seen they **proclaimed** them/ but it was thought that the good tidings were **idle** tales./ So dull still were the **disciples**.// But Peter ran and beholding, gave Thee glory in himself for the **wonders**.

Both now and ever... (Tone 2)

Most Blessed art Thou, O Virgin Theotokos,/ for through Him Who became incarnate of thee is hades led **captiv**e,/ **Adam** recalled, the curse annulled, Eve set free, **death** slain,/ and we are given life. Wherefore, we cry **aloud** in praise:/ Blessed art Thou, O **Christ** God,// Who hast been thus well-pleased, **glory** to Thee.

The Great Doxology

Dismissal Tropar:

Today is salvation come unto the world; let us sing to Him Who arose from the tomb, and is the Author of our life. For having destroyed death by death, He hath given us the victory and great mercy.

P. Litanies
Dismissal

R. Hours:
Tropar: Resurrection & St. Jonah
Kontak: Resurrection/St. Jonah alternating

At Liturgy:

Order of Troparia & Kontakia:

Tropar Sunday

Tropar Temple

Tropar St. Jonah

Kontak Sunday

Kontak Temple

Glory... Kontak St. Jonah

Both... Protection of Christians...

Prokimenon for Tone 3

O chant unto our God, chant ye; chant unto our King, chant ye!

V. Clap your hands, all ye nations; shout unto God with a voice of rejoicing.

Prokimenon for St. Jonah (Tone 7)

Precious in the sight of the Lord is the death of His saints...

Epistle(s): Rom 6:18-23 & Heb 7:26-8:2

Alleluia for Tone 3

V. In Thee, O Lord, have I hoped; let me not be put to shame in the age to come.

V. Be Thou unto me a God to defend me and a house of refuge to save me.

Alleluia for St. Jonah (Tone 2) (note: St Innocent Calendar states Tone 4)

Gospel(s): Matt 8:5-13 & John 10:9-16

Communion Verse: Praise ye & In everlasting remembrance...